

❖ **Proud to Serve the State of Arkansas**



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## EBD Implements Innovative Disease Management Benefit

The State of Arkansas Employee Benefits Division has a strong commitment to providing excellent healthcare benefits for State employees. Recently, EBD contracted with TrestleTree to provide disease management services for state employees. Like many programs being introduced by EBD, TrestleTree will first be implemented on a limited basis to a select group of employees and their family members. Employees and their dependents who are covered by QualChoice and who have been diagnosed with high blood pressure, high cholesterol, diabetes or asthma are encouraged to participate in this FREE program.

TrestleTree is a Health Transformation company that has quickly established a reputation for assisting individuals in achieving their health goals. TrestleTree has shown a commitment to working one-on-one, intensively with employees and their family members. Their approach has shown impressive results in helping people change health behaviors, while saving these individuals and their employers in healthcare expenses.

Your connection to a personal health coach is completely free and confidential, and health information will not be shared with your employer. Your participation with TrestleTree has no effect on your insurance deductibles or caps.

For a state committed to promoting health, these are welcomed services.

Enrollment is as easy as answering a few simple questions - a quick Health Risk Assessment that will determine your eligibility and start you on the road to better health.

❖ **To enroll now, please visit:**

<http://enroll.trestletree.com>

(passcode: ARK)



### The TrestleTree Approach

1. Partner a health coach with people who are coping with chronic illness.
2. Meet with individuals through teleconference one-on-one to understand each person's health story.
3. Individuals receive personal advice and encouragement on planning for a healthier lifestyle
4. Individuals work with personal coaches on a monthly basis, providing opportunities for ongoing guidance and support

### TrestleTree Success Story

*"Since my involvement with Trestle-Tree, I have lost 45 lbs. and reduced my cholesterol to safe levels now and have boundless energy. I just feel healthy. I recommend TrestleTree as a treasure trove of information geared to rebound an unhealthy person who may not think that the impossible is possible. With Trestle-Tree, I am 'living life to the fullest' proof that it works." Chris*